

Chepstow Fitness Class Timetable

Chepstow Leisure Centre

Accurate as of 07/08/2024

Times for Tuesday 13 August



| Time | Session | Facility | Level |
|---------------|---------------------|--------------|-------|
| 09:30 - 10:25 | Kettlebells | Dance Studio | All |
| 10:45 - 11:40 | F4L Gentle Exercise | Dance Studio | All |
| 18:00 - 18:55 | Legs, Bums & Tums | Dance Studio | All |
| 19:05 - 20:00 | Pilates | Dance Studio | All |